



UNIVERSITY OF
FLORIDA

IFAS EXTENSION

Consumer Highlights

SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

November & December 2004

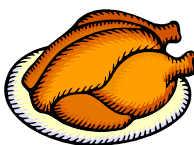
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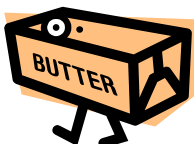
Holiday Hotlines

Holiday Hotlines offer lots of helpful cooking tips. For assistance call:

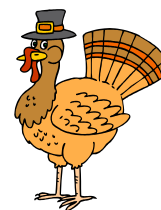
USDA Meat & Poultry Hotline
1-800-535-4555



Land O'Lakes
1-800-782-9606



Butterball Turkey Talk-Line
(Nov. 1 - Dec. 22nd only)
1-800-323-4848
For hearing impaired call -
1-800-833-3848



Nutra Sweet and Equal
1-800-323-5316

Sweet 'N Low
1-800-221-1763

Home Economics Notes
November 2004

Santa Rosa County Extension Service • 6263 Dogwood Drive • Milton, FL 32570-3500
Phone: (850) 623-3868 • (850) 934-5278 • Fax: (850) 623-6151

Simple Pleasures

Voluntary simplicity - It doesn't mean selling all your worldly possessions or heading for the hills. It means clearing your life from the clutter that distracts from the joy.

Let go of non-essentials. Embrace the things that are most important to you. Take a fresh look at what you really value. Spend your time, energy and resources supporting the things you love.

Here are nine tips to help you "live deep and suck all the marrow of life."

1. Remember what's most important. Think about your values, dreams and goals. Map your life accordingly.
2. Limit extracurricular activities. Do fewer things better. Don't let too many good things crowd out the great things.
3. Spend more time outdoors. Spend at least an hour each week in a natural setting. Smell the roses. Feel the breeze. Gaze at the stars. Enjoy the beauty of nature.
4. Plan 15 to 30 minutes a day for silence and solitude. Meditating, writing in a journal or saying a prayer can help restore serenity and inner peace.
5. Limit commitments. Learn to say no to excessive work schedules or other commitments that don't directly contribute to the things you value and love to do.
6. Limit material possessions to what you need or cherish. Live under your means. Reduce clutter.
7. Develop healthy habits. Eat balanced meals. Exercise five days a week. Get the sleep you need.

8. Follow your passion. Do the things you love. Discover your strengths and achieve your dreams.

9. Purposefully create memorable moments. Fill your life and mind with happy memories. These memories sustain us.

A simply beautiful life is possible. Clear the clutter that distracts you from the things that matter most.

21st Century Families
Vol. 2, No. 4

Out With The Old, In With The New

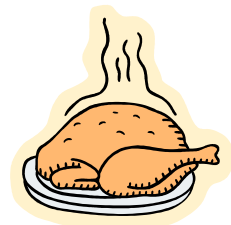
'Tis the Season to Ring in New Home Food Safety Traditions

Eat, drink and be merry with these simple home food safety tips from the American Dietetic Association and ConAgra Foods:

RECKLESS THAWING

Old Habit: More than one of four Americans admit to thawing their frozen turkey or other main meat dish on the kitchen counter, in the oven or even under hot water in the kitchen sink.

New Tradition: To prevent the spread of harmful bacteria, frozen meats should be thawed - and marinated, for that matter - in a refrigerator set below 40 degrees Fahrenheit. Or, if pressed for time, you can thaw a wrapped frozen turkey (breast-side down) in a sink filled with cold tap water, making sure to change the water every 30 minutes.



HOLDING OUT ON HOT STUFF

Old Habit: When preparing a cooked dish that needs to chill (for storage or serving purposes), nearly four out of five home cooks think it's necessary to wait until foods cool before putting them in the refrigerator.

New Tradition: Once upon a time, placing hot foods in the refrigerator could lower the overall temperature of the fridge and cause foods to spoil. Not anymore! To ensure the freshness and safety of your freshly cooked foods, place them promptly in the refrigerator after cooking ... no need to wait.



COVERED DISH DELIVERY

Old Habit: Three out of five holiday revelers typically travel for at least one hour with their homemade holiday dish to a relative or friend's home.

New Tradition: Pay close attention to how much time passes from the time you leave your door until your dish is eaten. If it's more than two hours, consider packing your cold dish in a cooler or hot dish in an insulated bag to keep it safe and bacteria-free.



ROCKING THE GRAVY BOAT

Old Habit: While a majority (71 percent) of home cooks remember to bring gravy to a boil before serving it, many forget the same rule also applies during the encore presentation. In fact, more than half just reheat leftover gravy in the microwave until it's hot before serving again.

New Tradition: In order to eliminate harmful bacteria, always bring leftover gravy to a boil on the stove before serving it a second or even third time around.



FESTIVE FLOOR-GRAZING

Old Habit: Nearly one out of four Americans say they abide by a specific "rule" to determine how long food is safe to eat after it falls on the floor, with the majority giving a green light to food rescued within three seconds.

New Tradition: Tragic as it may be when a holiday treat topples to the floor, it's never a good idea to eat it. In the spirit of "out with the old, in with the new," toss it.



American Dietetic Association
November 2004

Gardener's Corner

Local landscapes are well on their way to recovery from storm damage. Thousands of residents have spent many days of labor and/or dollars on debris removal and are now faced with the next phase. Following are some suggestions.

Post Hurricane Gardening Tips

- Look up! Check trees to determine if any broken, hanging branches remain. These are dangerous. If not removed, they will at some time in the future fall suddenly and with no warning. Larger ones fall at a great speed and with tremendous impact.
- Provide selective pruning of broken tree and shrub branches. Treat wounds on trunks and larger branches and stake small trees that are loose in the soil.
- Remove enough fallen leaves, twigs and branches from landscape beds to maintain a mulch depth of two and one-half to three inches.
- Don't give up on perennials. Just make sure that they are not buried under debris for too long. Most of them are likely to recover over the next growing season.
- Consider removing damaged trees that are too close to the house and follow up by transplanting young, properly placed trees during the winter.



- Protect equipment damaged areas of the yard from erosion by sodding to permanent grass or seeding a temporary cool season lawn.

- Prepare beds and establish cool season flowers. Bedding plants are now available at local gardening outlets. Some to consider planting include pansy, petunia, stock, Delphinium (including larkspur), statice, snapdragon, Calendula, China Doll Carnation, foxglove and Shasta daisy,
- There is still time to plant a winter garden. Sow seeds of beets, carrots, mustard, kohlrabi, leek, parsley, radish and spinach. Use transplants to establish broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, collard, kale, lettuce, onions and strawberry.



Boring Insect Study to Begin Soon

Boring insects are expected to attack our storm damaged trees in greater numbers over the next few months. Thanks to a grant from the University of Florida, we plan to study these insects in some depth.

Special traps will be placed in selected locations around the County. We will attempt to determine which species are active and if they can be controlled by trapping.

Agents involved in the study are Theresa Friday, Mike Donahoe and Dan Mullins. Dr. Russ Mizelle, University of Florida Entomologist will also participate.

Dan Mullins
Horticulture Agent



Turkey Success Tips

Purchase the right turkey

- Consider buying a fresh turkey from your grocery store. It is already defrosted and there is no added sodium like the self-basting frozen birds.
- For a small dinner party with 6 or less people, why not purchase just the breast? A bone-in turkey breast gives you a small turkey roast that can be carved in the traditional style without the excess fat and leftovers from dark meat.
- Purchase a half pound of turkey for every guest. Increase that to one pound per guest if you want leftovers. Turkeys over 12 pounds yield more meat, so go with a third pound per person.
- Frozen turkeys should be rock hard.
- Fresh turkeys should be firm.

Store and defrost safely

- Frozen turkey should be thawed in the refrigerator. Allow 1 day for every five pounds.
- A frozen turkey can be defrosted in very cold water. Change the water every 30 minutes. The turkey should be roasted right away.

Roast it right

- Minimum oven temperature should be 325°.
- Wash all utensils, your hands and surfaces that come in contact with the raw turkey or juice.
- The turkey should be placed breast up in a shallow roasting pan with a rack on the bottom. For added color and flavor in your gravy, add chunks of carrots, celery and onions.
- For safety and uniform doneness of the turkey, cook stuffing separately.
- Leave the skin on the turkey while roasting. Remove the skin prior to carving.
- Using a food thermometer is the only way to tell if food has reached a high enough temperature to destroy harmful bacteria and that it is the desired doneness. Place it into the thickest part of the thigh.
- A whole turkey is done when it reaches an internal temperature of 180°. The legs will jiggle in their sockets and the juices will run clear.

- If you are roasting a turkey breast by itself, the internal temperature should reach 170°.
- Your turkey should be roasted in one operation - from start to finish without interruption. Opening the oven door should be kept to a minimum. When parts of the turkey are getting too brown, cover those with foil.
- For a more moist turkey breast, cover the turkey with gravy once it is carved.
- Recommended cooking times with oven at 325°:

Weight of the Turkey	Hours for Roasting
8 to 12 lbs	3 to 3 1/2 hrs
12 to 14 lbs	3 1/2 to 4 hrs
14 to 18 lbs	4 to 4 1/4 hrs
18 to 20 lbs	4 1/4 to 4 3/4 hrs
20 to 24 lbs	4 3/4 to 5 1/4 hrs
- Keep in mind that cooking times may vary.
- A roasted turkey should sit for 10 minutes before carving. It should never be at room temperature for more than 2 hours.

Leftover matters

- For best results, carve meat off the carcass and storing it in shallow containers. Once cooked, turkey has a shelf life of about 4 days if the temperature is properly maintained below 40 degrees.
- Reheating the whole bird is not recommended due to food safety concerns. If you must roast the bird ahead of time and reheat it later, it is best to roast it all the way, carve it and store it refrigerated in shallow containers. Reheat it quickly to 165 degrees using broth or gravy to keep it moist.

Call the meat and poultry hotline

- The USDA meat and poultry hotline is staffed from 10:00 AM to 4:00 PM Eastern Standard Time. All other times, you can get an automated message system that lets you pick topics and get general information.
 - 800-535-4555 (Toll-free Nationwide)
 - 202-720-3333 (Washington, DC area)
 - 800-256-7072 (TTY)
 - Web site: www.fsis.usda.gov

6 Easy Ways to Lower Calories on Your Holiday Dessert Table

1. Lighten your desserts by using these substitutions:

- Use *Splenda* brand sweetener in place of all or part of the *sugar*
 - Splenda is a non-nutritive sweetener that measures just like sugar
 - Find Splenda in your grocery store
 - Splenda works great on pie fillings, puddings, cranberries, etc.
 - Splenda is not recommended for crisp cookies or cakes where sugar is needed for structure
 - Save 652 calories per cup compared to sugar
 - Follow tips on the box or at www.splenda.com
- Use *egg whites* or *nonfat egg substitute* in place of *whole eggs*
 - Use 1/4 cup of egg whites or nonfat egg substitute for every whole egg
 - Save 41 calories and 5 grams of fat per egg
- Use *Grape Nuts cereal* in place of half the *nuts*
 - Save 320 calories and 71 g of fat per cup
- Reduce amount of *chocolate chips* and *nuts* by 25%
- Use *fat-free whipped cream* in place of *regular whipped cream*
 - Save 30 calories and 4.5 g of fat per 2 Tbsp serving
- Substitute *skim milk* in place of *regular milk*
 - Save 64 calories and 8 g of fat per cup
- Use *evaporated skim milk* in place of *evaporated milk*
 - Save 140 calories and 18.5 g of fat per cup
- Use *trans-free stick margarine* in place of *butter*
 - Save 89 calories, 12 g fat and 93 g of saturated fat per cup

2. Cut everything in smaller portions.

- Cutting pies in 10 pieces versus 8 saves 25% calories; cutting in 12 versus 8 saves 33% calories
- Cakes and brownies should be cut in bite-size pieces

3. Make cookies smaller.

- Make your cookies smaller
- Make fewer varieties - consider joining a cookie baking exchange so you can have a variety without having to bake multiple batches
- Cutting fat doesn't really save calories because it is replaced with sugar and flour

4. Make fewer high calorie items such as cakes and pies.

- You will be less inclined to eat too many desserts if your choice is limited to a few special treats.
- If you really like to bake, consider making non-edible crafts as part of your holiday creations instead of so many baked goods

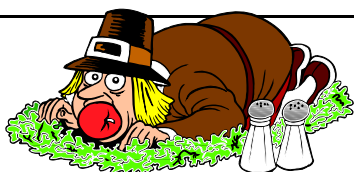
5. Offer your guests a variety of hot beverages with dessert:

- Hot herbal teas
- Flavored coffees
- Use lower-calorie condiments such as fat-free Half and Half, fat-free whipped cream, colored sugars, non-nutritive sweeteners

6. Offer your guests a variety of fresh fruit with dessert.

- Use grapes, oranges, pears and a variety of colors from fruits in season.
- Place whole items in bowls and put sliced fruits on holiday platters.





Recipes



Holiday Candied Cranberries

Ingredients:

1/2 c. sugar
1/2 c. water
1/2 c. cranberries

Select firm, red cranberries. Prick twice with needle. Boil sugar in water until it spins a thread. Put in cranberries and cook gently until syrup jellies when tested from the tip of a spoon. Remove berries one at a time and place on wax paper. Let stand until dry. Dip the berries in granulated sugar.

This makes approximately 25. They are decorative and can serve as an excellent garnish.

Pumpkin Dip

4 c. powdered sugar
2 (8 oz.) pkgs. cream cheese, softened
1 (30 oz.) can of pumpkin pie filling
2 tsp. cinnamon
1 tsp. ginger

Mix sugar and cream cheese. Blend in the other ingredients. Chill. This is darling served in a small pumpkin that has been carved out! Place gingersnaps around the outside of the pumpkin (on a serving plate) and WA - LA, a tasty dip. It makes about 7 cups, so you can halve the recipe or give some away!



Cranberry Bread Pudding

10 slices 100% whole wheat bread,
cut into cubes
1 tsp. ground cinnamon
1/2 c. cranberries, chopped
1 1/4 c. nonfat egg substitute
3 c. hot skim milk
2 tsp. vanilla extract
1/4 c. white sugar
1/2 c. Splenda (or sugar)
1 pinch ground nutmeg

Directions:

1. Heat oven to 375 degrees F. Heat milk in small sauce pan over low heat.
2. Combine bread cubes and cranberries in a 2-quart baking dish.
3. Slightly beat eggs. Add hot milk, vanilla, sugar and Splenda and beat well. Pour over bread cubes and let soak for 5 minutes.
4. Sprinkle with nutmeg. Bake until done in center, about 40 minutes. Serves 10.

Serves 10. Each 1/2 cup serving: 184 calories, 3 g fat, 0.5 g saturated fat, 2 mg cholesterol, 380 mg sodium, 32 g carbohydrate, 3 g fiber, 9 g protein.



Million-Dollar Chocolate Fudge

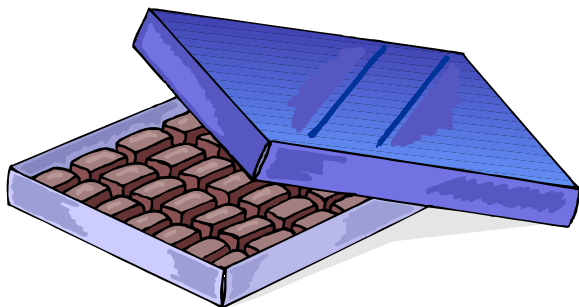
Recipe by request

- 2 tsp. plus 1/4 c. butter, divided
- 4 c. sugar
- 4 c. plus 2 Tbsp. evaporated milk
- 2 tsp. salt
- 1 c. marshmallow crème
- 2 pkg. (4 oz. each) German sweet chocolate, chopped
- 3 milk chocolate candy bars with almonds (1.45 oz. each), chopped
- 1 c. (6 oz.) semisweet chocolate chips
- 2 c. chopped blanched almonds
- 2 tsp. vanilla extract

Line a 13-in. x 9-in. x 2-in. pan with foil and grease the foil with 1-1/2 teaspoons butter; set aside. In a heavy saucepan, combine the sugar, milk, salt and remaining butter. Cook and stir over medium heat until sugar is dissolved. Bring to a rapid boil, stirring constantly for 5 minutes. Remove from the heat.

Stir in the marshmallow crème, chocolate, candy bars and chips until chocolate is melted and mixture is blended. Fold in almonds and vanilla. Immediately spread into prepared pan. Cool. Using foil, lift fudge out of pan. Discard foil; cut fudge into squares. Store in a cool dry place.

Yield: about 3 pounds.

**HCE NEWS****Christmas Coffee****December 2, 2004****10:00 AM-Extension Office**

Please make plans to attend. If you can, bring extra goodies for guests.

Holiday Happenings Program
TR Jackson Headstart Program
December 10, 2004
9:30 AM- Extension Office

We could use some volunteers to help with hands on craft projects. If you can help, call Paula or me.

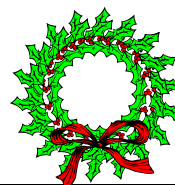
Leader Training/Council Meeting
January 7, 2005
9:30 AM- Extension Office

Wallace will be the hostess club. We will have a workshop to make decorations for district meeting.

Annual Membership Dues

They were due on November 5. If you have not turned them in, please do so immediately. If you are a council associate, we need a new membership form filled out. Please call my office to receive one.

Wishing You All A
 Merry Christmas &
 A Happy New Year!





December 2004



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Leader Training/Council Meeting
January 7, 2005 - 9:30 AM
Extension Office

1



Christmas
Coffee
10:00 AM
Extension
Office

3

4

5

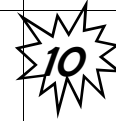
6

7

8

9

Milton Club
Meeting
9:30 AM



Holiday
Happenings
Program
9:30 AM
Extension Office

11

12

13

14

Skyliners Club
Meeting
9:30 AM
Doris Engberg

15

16

17

18

19

20

21

22

Wallace Club
Meeting
10:00 AM
Wallace
Clubhouse

23

Pace-Pearidge
Club Meeting
10:00 AM
Pace-Pearidge
Clubhouse

24

Christmas
Eve
Office closed

25



26

27

Day After
Christmas
Holiday
Office closed

28

29

30

31

District I HCE Meeting
January 18-19, 2005
Blue Springs Assembly, Marianna

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Sincerely,

Linda K. Bowman, R.D., L. D.
Extension Agent IV
Family & Consumer Sciences
Santa Rosa County

LKB:emt

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